



PRESS RELEASE FOR LEITRIM OBSERVER

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CROSS BORDER YOUTH CONFERENCE

Neither One Direction nor election counts stood in the way of over 50 young people from Leitrim and Antrim when they came together to discuss youth mental health in the Lough Allen Hotel, Drumshambo on Saturday 24th May last. Members of Comhairle na nÓg Liatroma and Carrickfergus Youth Forum spent the day exploring issues surrounding and solutions to good mental health as well as enjoying activities designed to encourage relaxation and team-building. This Cross-border conference was funded by Leitrim County Council, through funding that it receives from the Department of Children and Youth Affairs.

During the opening addresses, Martin Donohue, Participation Officer for Comhairle na nÓg, praised the work of the groups saying that in his experience, *... "mental health has been the biggest issue for Comhairle na nÓg for many years. The conversation starts here with this group of decision makers"* while urging delegates to enjoy their day. Gerry Doherty, Leitrim County Council, congratulated the young organisers in the important work of the conference: *"We are glad to be associated with it."*

The morning workshop focused on building resilience to difficulties faced and examined if young people face the same issues North and South of the border. This was followed by relaxation exercises and drama activities after lunch. Apart from the delegates, representatives from Mohill Family Support Centre, South Leitrim Neighbourhood Youth Project, STOP Suicide (Manorhamilton), Foroige and North Connaught Youth Services provided information about their services throughout the day.

The North South Youth Mental Health Conference is the result of a well-established partnership between Comhairle na nÓg Liatroma and Carrickfergus Youth Forum over the past four years and the activities of the day will be recorded in preparation for the Comhairle na nÓg Liatroma AGM in Sept/Oct 2014 and onwards to the national Dail na nÓg which take place in Croke Park in November. If you are interested in getting involved with Comhairle na nÓg Liatroma please contact leitrimcommittee@gmail.com or check them out on Facebook for your nearest branch.

END

PHOTO CAPTIONS

1. Delegates at North South Youth Mental Health Conference engaged in workshop.

2. Conference Organisers from Comhairle na nÓg Liatroma and Carrickfergus Youth Council.

3. Delegates to the North South Youth Mental Health Conference, Drumshanbo May 24th

EDITOR NOTES:

- This project has been funded by the Leitrim County Council through funding that it receives from the Department of Children and Youth Affairs and is facilitated by Comhairle na nÓg Liatroma, supported by North Connaught Youth and Community Services and Carrickfergus Youth Forum.

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